

# Heart Disease and Stroke in Iowa – 2008 Fact Sheet

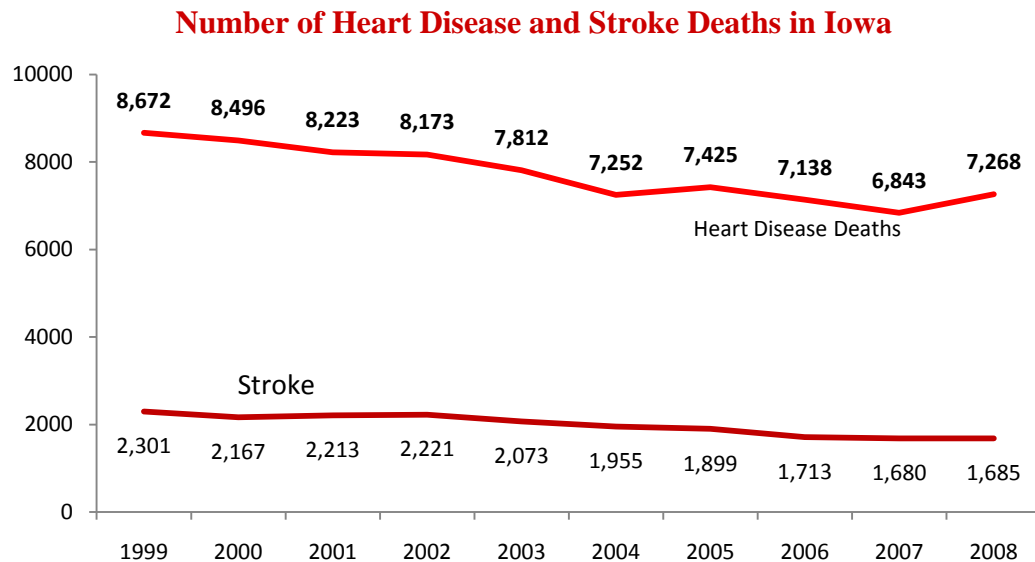
## Mortality

In 2008, 7,268 Iowans died from heart disease. Heart disease is the leading cause of death in Iowa. It accounted for 26 percent of all deaths in Iowa that year. Stroke, the fourth leading cause of death in Iowa, accounted for 1,685 deaths, 6 percent of the total deaths. Cardiovascular disease was attributed to 32 percent of all deaths in Iowa.

Of the heart disease and stroke deaths in Iowa:

- 1,232 deaths were of Iowans under age 65
  - 14% of the total heart disease and stroke deaths
- Age-adjusted heart disease death rates for Iowans (per 100,000):
  - 53% higher for men than women: 226 for men vs. 148 for women
  - 35% higher for blacks: 249 for blacks vs. 184 for white
  - 9% higher than the national Healthy People 2010 objective: 181 for Iowans vs. 166 per 100,000 national deaths
- Age-adjusted stroke death rates:
  - 8% higher for men: 43 for men vs. 40 for women
  - 26% higher for blacks: 54 for blacks vs. 43 for white
  - 41 for all Iowans vs. 48 national Healthy People 2010 objective

There has been a two percent average annual decrease in the number of heart disease deaths and a three percent average annual decrease in the number stroke deaths, since 1999.



Source: Vital Statistics of Iowa, Center for Health Statistics, Iowas Department of Public Health

## Heart Disease and Stroke Hospitalizations

In 2008, 14 percent of Iowa's hospitalizations were due to cardiovascular diseases, the leading cause of hospitalizations. Of those hospitalized:

- 11% were diagnosed with heart disease (38,988); of those inpatients:
  - 44% had coronary heart disease (17,066); 3% died in hospitals
  - 23% had congestive heart failure (9,092); 28% were discharged to long-term care
- 2% were diagnosed with strokes (8,511); of those inpatients:
  - 46% suffered ischemic strokes (3,903), which had the highest percentage (36%) of being discharged to long term care;
  - 16% suffered transient ischemic strokes (1,360)
  - 9% suffered hemorrhagic strokes (768), which resulted in the highest in-hospital death (28%) and rehabilitation (20%) percentages
- 0.5% were diagnosed with hypertension (1,714), 12% were discharged to long term care.

### Number and Percentage of inpatient discharges with heart disease and stroke by discharge status, 2008

	In-hospital deaths		Long-term care		Rehabilitation		Home		Against medical advice	
	n	Row %	n	Row %	n	Row %	n	Row %	n	Row %
Heart Disease n=38,988	1,106	3.0	5,319	14.3	168	0.5	30,397	81.9	105	0.3
Coronary heart disease n=17,066	484	3.0	1,347	8.4	75	0.5	14,152	87.9	49	0.3
Congestive heart failure n=9,092	358	4.1	2,441	27.9	19	0.2	5,899	67.5	21	0.2
Stroke n=8,511	492	6.1	2,009	24.7	829	10.2	4,774	58.7	23	0.3
Ischemic n=3,903	223	6.1	1,320	35.9	566	15.4	1,556	42.3	14	0.4
Transient Ischemic n=1,360	1	0.1	218	16.4	13	1.0	1,094	82.2	5	0.4
Hemorrhagic n=768	199	27.8	202	28.3	140	19.6	173	24.2	1	0.1
Hypertension n=1,714	24	1.4	197	11.7	10	0.6	1,438	85.7	9	0.5

Source: Iowa hospital inpatient discharge data. Major cardiovascular disease includes ICD9 390-434, 436-448. Here the number includes only the first-listed diagnosis. Table excludes cases without discharge status.

## Heart Disease Prevalence Among Iowans

Based on data from the 2007 Behavioral Risk Factor Surveillance System, 4.7 percent of Iowans aged 18 and older reported having had heart attacks or myocardial infarctions. Angina or coronary heart disease was reported by 3.7 percent of adult Iowans which represents about 90,000 adult Iowans with a history of heart attack or coronary heart disease.